

# Anxiety

**Birmaher, Boris. (2004). *New Hope for Children and Teens with Bipolar Disorder: Your Friendly, Authoritative Guide to the Latest in Traditional and Complementary Solutions*. New York, NY: Crown Group. Clear descriptions of parenting strategies and medication for Bipolar Disorder.**

**Chansky, Tamar E. (2004). *Freeing Your Child from Anxiety: Powerful, Practical Solutions to Overcome Your Child's Fears, Worries, and Phobias*. New York, NY: Broadway. How to talk with your child about anxiety.**

**Clark, Lynn. (2001). *SOS Help for Emotions: Managing Anxiety, Anger, and Depression*. Bowling Green, KY: Parents Press. Fun book with charts and strategies for helping children with depression and/or anxiety.**

**Dacey, John S. and Lisa B. Fiore. (2001). *Your Anxious Child: How Parents and Teachers Can Relieve Anxiety in Children*. San Francisco, CA: Jossey-Bass. Strategies for children and adolescents to cope with anxiety.**

**DuPont Spencer, Elizabeth, Robert L. DuPont, and Caroline M. DuPont. (2003). *The Anxiety Cure for Kids: A Guide for Parents*. Hoboken, NJ: John Wiley & Sons, Inc. A comforting, practical guide to helping your child deal with anxiety.**

**Foa, Edna B. and Linda W. Andrews. (2006). *If Your Adolescent Has an Anxiety Disorder: An Essential Resource for Parents*. New York, NY: Oxford University Press. Clinical and practical advice for parents to help their teen with anxiety.**

**Foxman, Paul. (2004). *The Worried Child: Recognizing Anxiety in Children and Helping Them Heal*. Alameda, CA: Hunter House Inc. Describes broad range of worries, perfectionism, and anxiety.**

**Last, Cynthia G. (2006). *Help for Worried Kids: How Your Child Can Conquer Anxiety and Fear*. New York, NY: The Guilford Press. Describes signs of anxiety, including panic attacks and OCD.**

**Morris, Tracy L. and John S. March. (2004). *Anxiety Disorders in Children and Adolescents, Second Edition*. New York, NY: The Guilford Press. A scholarly book on anxiety disorders.**

**Spence, Sue, et al. (2000). *Helping Your Anxious Child: A Step-by-Step Guide for Parents*. Oakland, CA: New Harbinger Publications, Inc. Good chapter on teaching relaxation skills.**